

FUNDAMENTALS OF RECOVERY 2007

This list of fundamental recovery resources was compiled from recommendations by the VHA Recovery Advisory Board and from the MIRECCs' Recovery Interest Group

Books:

Anthony WA, Cohen M, Farkas M, & Gagne C. (2002). *Psychiatric Rehabilitation, 2nd edition*. Boston: Boston University Center for Psychiatric Rehabilitation.

Chamberlin J. (n.d.). *On Our Own*. NEC. www.power2u.org

Clay S. (2005). *On Our Own Together: Peer Programs for People with Mental Illness*. Nashville: Vanderbilt University Press.

Davidson, L. (2003). *Living Outside Mental Illness: Qualitative Studies of Recovery in Schizophrenia*. New York: New York University.

Davidson L, Harding C, Spaniol L (Eds, 2005). *Recovery from Severe Mental Illnesses: Research Evidence and Implications for Practice. Vol 1*. Boston, Mass: Center for Psychiatric Rehabilitation, Sargent College of Health and Rehabilitation Sciences, Boston University.

Davidson, L, Harding, C., & Spaniol, L. (Eds., 2006). *Recovery from Severe Mental Illnesses: Research Evidence and Implications for Practice, Volume 2*. Boston: Boston University Center for Psychiatric Rehabilitation.

Fisher D, Langan T, Ahern L. (n.d.). *A PACE/Recovery Reader*. NEC. www.power2u.org

Mowbray DP, Moxley CA, Jasper & Howell LL (Eds., 1997). *Consumers as providers in Psychiatric Rehabilitation*. Columbia, MD: International Association of Psychosocial Rehabilitation Services.

Pratt, CW, Gill KJ, Barrett NM, & Roberts MM (2006). *Psychiatric Rehabilitation (2nd Ed)*. NY: Academic Press.

Zinman S, Harp HT, & Budd S. (1987). *Reaching Across: Mental Health Clients Helping Each Other*. California Network of Mental Health Clients. main@californiaclients.org or 800-625-7447

Mueser, K.T., Noordsy, D.L., Drake, R.E. Fox, L. (2003). *Integrated Treatment for Dual Disorders*. New York: Guildford Press

Becker, D.R., Drake, R.E. (2003) *A Working Life for People with Severe Mental Illness*. New York: Oxford University Press

Hughes, R., Weinstein, D. (2000). *Best Practices in Psychiatric Rehabilitation*. Linthicum, MD: IAPSRs

Rapp, C. (1998). *The Strengths Model: Case Management with People Suffering from Severe and Persistent Mental Illness*. New York: Oxford Press, Inc.

Ralph, R.O., Corrigan, P.W. (eds, 2005) *Recovery in Mental Illness. Broadening Our Understanding of Wellness*. Washington, DC: American Psychological Association

Jacobson, N. (2004). *In Recovery. The Making of Mental Health Policy*. Nashville, TN: Vanderbilt University Press.

Articles & Chapters:

Allott P & Loganathan L. Discovering hope for recovery from a British perspective: a review of a sample of recovery literature, implications for practice and systems change.

<http://www.critpsynet.freeuk.com/LITERATUREREVIEWFinal.htm>

Bellack A. (2006). Scientific and Consumer Models of Recovery in Schizophrenia: Concordance, Contrasts, and Implications. *Schizophrenia Bulletin*, 32(3), pp. 432–442.

Davidson L. (2006). What happened to civil rights? *Psychiatric Rehabilitation Journal*, 30(1): 11-14.

Davidson L, O'Connell M, Tondora J, Staeheli MR, & Evans AC. (2005). Recovery in serious mental illness: A new wine or just a new bottle? *Professional Psychology: Research and Practice*, 36(5): 480-487.

Davidson L, O'Connell MJ, Tondora J, Styron T, & Kangas K. (2006). The top ten concerns about recovery encountered in mental health system transformation. *Psychiatric Services*, 57(5): 640-645.

Davidson L, Stayner DA, Nickou C, Stryon TH, Rowe M, & Chinman MJ. (2001). “Simply to be let in”: Inclusion as a basis for recovery from mental illness. *Psychiatric Rehabilitation Journal*, 24: 375-388.

Davidson L, Tondora J, Staeheli M, O'Connell M, Frey J, & Chinman MJ. (2005). Recovery guides: An emerging model of community-based care for adults with psychiatric disabilities. In Lightburn, A. & Sessions, P. (Eds.), *Community Based Clinical Practice*. (pp. 476-501). New York: Oxford University Press.

Farkas M, Gagne C, Anthony W, & Chamberlin J. (2005). Implementing recovery oriented evidence based programs: identifying the critical dimensions. *Community Mental Health Journal*, 41 (2), 141-158.

Frese FJ, Stanley J, Kress K, & Vogel-Scibilia S. (2001, Nov). Integrating Evidence-Based Practices and the Recovery Model. *Psychiatric Services*, 52, 1462-1468.

Harding CM, Brooks GW, Ashikaga T, Strauss JS & Breier A. (1987). The Vermont longitudinal study of persons with severe mental illness, II: Long-term outcome of subjects who retrospectively met DSM-III criteria for schizophrenia. *American Journal of Psychiatry*, 144, 727-735.

Jacobson N & Greenly D. (2001). What is recovery? A conceptual model and explication. *Psychiatric Services*, 52: 482-485

O'Connell MJ, Tondora J, Evans AC, Croog G, & Davidson L. (2005). From rhetoric to routine: Assessing recovery-oriented practices in a state mental health and addiction system. *Psychiatric Rehabilitation Journal*, 28(4): 378-386.

Bond, G.R., Resnick, S.G., Drake, R.E., Xie, H., McHugo, G.J., Bebout, R.R. (2001) Does competitive employment improve nonvocational outcomes for people with severe mental illness. *Journal of Consulting and Clinical Psychology*, 69: 489-501.

Bond, G.R. (2004) Supported employment: Evidence for an evidence-based practice. *Psychiatric Rehabilitation Journal*, 27: 345-359.

Gowdy, E.L., Carlson, L.S., Rapp, C.A. (2003) Practices differentiating high-performing from low-performing supported employment programs. *Psychiatric Rehabilitation Journal*, 41(2): 141-158.

Spaniol, L., Wewiorski, N.J., Gagne, C., Anthony, W.A. (2002) The process of recovery from schizophrenia. *International Review of Psychiatry*, 14:327-336.

Journals:

Psychiatric Rehabilitation Journal

Psychiatric Services

American Journal of Psychiatric Rehabilitation

Community Mental Health Journal

Schizophrenia Bulletin

Mental Health Services Research

Journal of Applied Rehabilitation Counseling

Web sites:

<http://www.Yale.edu/PRCH>
<http://www.recovery-inc.org/>
<http://www.bu.edu/cpr/>
<http://www.power2u.org/>
<http://www.dmhas.state.ct.us/recovery.htm>
<http://www.veteranrecovery.med.va.gov/index.html>
<http://www.mentalhealth.samhsa.gov>
<http://copelandcenter.com/whatiswrap.html>
<http://www.mhselfhelp.org/>
<http://www.apa.org/practice/grid.html>
<http://www.peersupport.org/>
www.uspra.org
<http://www.psych.uic.edu/uicnrtc/>

Clinical tools (e.g., videos/DVDs, measures, recovery plan template, etc):

Recovery Self-Assessment: Provider version

<http://www.dmhas.state.ct.us/recovery/RSAProvider.pdf>

Recovery Oriented Systems Indicators (ROSI) <http://www.power2u.org/downloads/ROSI-Recovery%20Oriented%20Systems%20Indicators.pdf>

Recovery Enhancing Environment Measure

<http://www.mhsip.org/2003%20presentations/Plenary/RidgewayPlenary.pdf>

Substance Abuse and Mental Health Services Administration (SAMHSA)

(<http://mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/about.asp>) and its Center for Mental Health Services (CMHS) have Evidence-Based Practice Implementation Resource Kits to encourage the use of evidence-based practices that support recovery in mental health. The Kits were developed as one of several SAMHSA/CMHS activities critical to its science-to-services strategy. There are kits for Illness Management and Recovery, Family Psychoeducation, and Supported Employment. The Kits are free and can be downloaded. The kits include:

- Information Sheets for all stakeholder groups
- Introductory videos
- Practice demonstration videos
- Workbook or manual for Practitioners

Wellness Recovery Action Plan (WRAP): For Veterans and People in the Military
www.mentalhealthrecovery.com

HSRI Compendium on Recovery Measurement Tools: Volumes 1 & 2
http://www.tecathsri.org/search_products.asp

Spaniol L, Koehler M, & Hutchinson (1994). *Recovery workbook: Practical coping and empowerment strategies for people with psychiatric disability*. Boston: Boston University Center for Psychiatric Rehabilitation.

Spaniol L, Bellingham R, Cohen B, & Spaniol S. (2003). *The Recovery Workbook II: Connectedness*. Boston: Boston University Center for Psychiatric Rehabilitation.

Fisher D. (n.d.). *PACE/Recovery Is For Everyone*. NEC. A booklet and a DVD.
www.power2u.org

Fisher D, & Chamberlain J. (n.d.). *PACE/Recovery through Peer Support*. NEC. A booklet and 2 DVD's. www.power2u.org

Long A, & Fisher D. (n.d.). *Recovery through Peer Providers*. NEC. A video.
www.power2u.org

Deegan P. (n.d.). *Coping with Voices*. NEC. Booklet & curriculum. www.power2u.org

Mutual Learning: VA Peer Support and Education Conference, DVD. New England MIRECC. To order, please email: Patricia.Crann@va.gov

Vet-to-Vet. DVD from the New England MIRECC (see website, above for description) To order, please email: Patricia.Crann@va.gov

Pathways to Recovery: A Strengths Recovery Self-Help Workbook. To order, pathways@ku.edu or 785-856-2880 ext. 109 / 1-877-458-6804

Recovery Workbook 2: Connectedness (by LeRoy Spaniol, PhD, Richard Bellingham, EdD, Barry Cohen, PhD, & Susan Spaniol, EdD) See:
<http://www.bu.edu/cpr/products/curricula/connectedness.html>

Training programs:

Program for Recovery and Community Health (PRCH) has curricula on recovery foundations, core provider competencies, cultural competence, person-centered care, and training and supervising peer staff.

<http://rwjccsp.yale.edu/community.php?id=253>

Illness Management and Recovery (about 3-4K, mostly for travel expenses to your site)

Peer-to-Peer Resource Center of the DBSA (will negotiate, but between 20-30K)

<http://www.peersupport.org/>

Finding Our Voice: Empowerment Training series (6 day training, can be done in 3, 2 day segments generally for 25 participants, to train them in advocacy skills; \$750 a day)

<http://www.cmhsrp.uic.edu/nrtc/empowerment.asp>

From Relief to Recovery: Peer Support by Consumers Relieves the Traumas of Disasters and Facilitates Recovery from Mental Illness. 2006. Booklet.

<http://www.power2u.org/downloads/From%20Relief%20to%20Recovery.pdf>

(also, 4 day training in learning the skills of peer support to help disaster victims, developed in Louisiana after Katrina; \$750 a day).

Boston University Center for Psychiatric Rehabilitation - Offers a variety of training opportunities including in-person, distance learning, and consultation. The cost depends on the type and amount of training. For more information: <http://www.bu.edu/cpr/training/index.html>

Network for Supported Employment (APSE) Annual Conference - This conference offers a structured training program for new front-line staff and administrators in supported employment called SE 101. In addition, there are a variety of advanced workshops for experienced employment specialists and vocational rehabilitation administrators. Cost of the 2.5 day conference is approximately \$300.

Depression and Bipolar Support Alliance – Offers training for health care professionals including integrating peer support into treatment, recovery-oriented communication, and psychosocial education from a patient and family perspective. Options for mental health consumer leaders include certified peer specialist training and building an action plan for change in your community. Customized consultation services are also available. For more information: www.makingrecoveryreal.com or www.dbsalliance.org

United States Psychiatric Rehabilitation Association (USPRA) – Annual Conference -- Although not a training program per se, the USPRA annual conference includes keynote speakers, seminars, workshops, and institutes as well as numerous networking opportunities to learn from and connect with others in the field of recovery. A wide variety of topics are addressed including research, administration, supported employment, education and housing, as well as peer support. Cost is approximately \$500 for the entire four day conference, although

packages consisting of the two day workshops or the two day institutes are available for \$200-300.

Potential speakers with expertise:

Raquel Andres-Hyman: recovery and cultural competence; motivational interviewing; health disparities; hispanic/latino cultural dimensions of and approaches to recovery

Judi Chamberlin: peer support, recovery, engaging consumers in research, how to form consumer-run organizations

Larry Davidson: history of recovery movement; civil rights and recovery; system transformation; recovery guide model; peer support

Miriam Delphin: recovery and cultural competence; health disparities; african american cultural dimensions of and approaches to recovery

Dan Fisher: consumer perspective from someone who is also a professional, how to create a recovery culture, importance of telling stories in recovery, clinical applications of recovery approach, common elements in helping people recover from trauma, homelessness and mental illness

Fred Frese: consumer perspective from someone who is also a professional
<http://www.fredfrese.com/>

Lenora Kimball: how to set up a consumer-run overnight respite alternative to hospitalization, trauma informed peer support training

Priscilla Ridgway: history of recovery movement; self-help approaches to recovery [e.g., wrap]; recovery-oriented outcomes and outcomes monitoring; spirituality and recovery

Michael Rowe: homelessness and outreach within a citizenship framework

Janis Tondora: person-centered care; practice standards for recovery-oriented practice; core competencies for recovery-oriented practice; supported employment and education; use of natural supports